Meet Your Instructor

Emmanuel Akogyeram
Email: EmmanuelA@recsports.ufl.edu
Phone: 540-553-6583
Office: Southwest Recreational Center (SWRC)
Office Hours: By Appointment

Emmanuel is a Competitive Sports Coordinator for the Department of Recreational Sports. Originally from Ghana but received his B.S. degree in Human Nutrition Foods and Exercise from Virginia Tech and his M.S. in Campus Recreation Leadership from James Madison University. In his spare time, he enjoys playing and watching sports, watching movies, and playing board games.

Meet Your Peer Leader

Claudia “SG” Stantzyk-Guzek
Email: cstantzyk0329@ufl.edu
Phone: 813-482-1078
Office: Southwest Recreational Center (SWRC)
Office Hours: By Appointment

Claudia is a fourth-year Public Relations student from Valrico, Florida (kind-of-sort-of Tampa). Member of Preview Staff 2013, the Student Conduct Committee and co-ed a cappella group No Southern Accent. Huge fan of peanut M&M’s, corgis and Buzzfeed.
COURSE INFORMATION

Course description:
First Year Florida is a course designed to aid students in a successful transition to the University of Florida. This course aims to help students develop the practical, social, emotional, and intellectual skills that are essential to a fulfilling four years at UF, provide a foundation for a well-rounded college experience, connect students to the University of Florida, promote engagement within and outside the classroom, and communicate university expectations.

First Year Florida educates new students to maximize their learning and development. As a result of taking this course, students will:

- Connect with faculty, staff, and peers at the University of Florida.
- Identify university resources and services that contribute to their personal and educational goals.
- Recognize the purpose of reflection, critical thinking, and enriching educational opportunities within and outside the classroom.
- Evaluate the effects of personal well-being on student success and engagement.
- Recognize the academic, conduct, and citizenship expectations of the University of Florida.
- Develop an awareness and respect for being a part of a diverse global community.

Required Readings:

Double Take: Author: Kevin Connolly; provided at Preview

College Success Strategies, 2015-2016 Edition; Author: Nist, available at University of Florida Bookstore

Additional Reading: F-Book; provided at Preview or by contacting the University Alumni Association

Technology:
This class will utilize Canvas for assignment submissions in conjunction with in paper assignments. For every assignment submitted in this class, you will need to submit it via Canvas and bring a printed copy to class. Students in FYF are required to have and use their GatorLink account for all UF related e-mail functions. Official university communications are sent to students at this email address.

Absence/Late Policy:
All absences and late arrivals must be accompanied with an excuse in order to receive participation or tardy points. Students are counted tardy after five minutes, no exceptions. Attendance is about 40% of your grade and is integral to your success in this class. Excused absences include: University Sponsored events, Religious Holidays with prior notice, Medical/Emotional/Family Emergencies with appropriate documentation. Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at: https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx.
**Academic Honesty:**
An academic honesty offense is defined as the act of lying, cheating, or stealing academic information so that one gains academic advantage. As a University of Florida student, one is expected to neither commit nor assist another in committing an academic honesty violation. Additionally, it is the student’s duty to report observed academic honesty violations. Violations of the Honor Code and academic dishonesty will not be tolerated. Specifically, instructors will rigorously pursue incidents of plagiarism of any type or incidents of referring to any unauthorized material for any class requirement. Before submitting any work for this class, please read the policies about academic honesty at [www.dso.ufl.edu/sccr](http://www.dso.ufl.edu/sccr), and ask the instructors to clarify any expectations you do not understand.

**Preamble:** In adopting this Honor Code, the students of the University of Florida recognize that academic honesty and integrity are fundamental values of the University community. Students who enroll at the University commit to holding themselves and their peers to the high standard of honor required by the Honor Code. Any individual who becomes aware of a violation of the Honor Code is bound by honor to take corrective action. The quality of a University of Florida education is dependent upon community acceptance and enforcement of the Honor Code.

**The Honor Code:** We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.

**Pledge:** “On my honor, I have neither given nor received unauthorized aid in doing this assignment.”

**ADA Statement:** The University of Florida provides high-quality services to students with disabilities, and we encourage you to take advantage of them. Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, www.dso.ufl.edu/drc/) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

**Classroom Behavior:**
As college students, you will be treated and respected as an adult. You are encouraged to share your ideas and express your opinions in class and you will be expected to respect other’s opinions and values as well. You are expected to do your best work, meet assignment deadlines, and treat other members of the class and the University with courtesy and respect. Disruptive behavior will not be tolerated. Cell phones must be off or on silent before entering the classroom.

**Course Evaluations:**
Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at [https://evaluations.ufl.edu](https://evaluations.ufl.edu). Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at [https://evaluations.ufl.edu/results/](https://evaluations.ufl.edu/results/). Additionally, students enrolled in First Year Florida will be asked to complete a separate course evaluation for further information. This is a time for you to provide direct feedback on your Peer Leader and Instructor.

**GRADING**
This course adheres to the UF Grading policy for assigning grade points. For more information please visit: [https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx](https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx).

- 94-100 (A);
- 90-93 (A-);
- 87-89 (B+);
- 83-86 (B);
- 80-82 (B-);
- 77-79 (C+);
- 73-76 (C);
- 70-72 (C-);
- 67-69 (D+);
- 63-66 (D);
- 60-62 (D-);
- 59 or below (E)

**A grade of Incomplete (I) will not be issued under any circumstance.**
### COURSE OVERVIEW

<table>
<thead>
<tr>
<th>Date/Topic/Description</th>
<th>Assigned Reading</th>
<th>Assignment Due</th>
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<tbody>
<tr>
<td><strong>Aug. 27:</strong> Class 1 <strong>Welcome &amp; Introductions:</strong></td>
<td>Syllabus</td>
<td><strong>Autobiography</strong> (submit via Canvas before Noon on August 25)</td>
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<tr>
<td>Syllabus Review; Mapping Your Future; Student’s Expectations of Class, Instructor, and Peer Leader</td>
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<td><strong>Sign Up for Gator Plunge</strong></td>
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<tr>
<td><strong>Sept. 3:</strong> Class 2 <strong>Where/Who Are You Now Pt. 1?</strong></td>
<td>Future Map</td>
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<td>Mapping Your Future; Professionalism and Personal Branding</td>
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<tr>
<td><strong>Sept. 10:</strong> Class 3 <strong>Where/Who Are You Now Pt. 2?</strong></td>
<td>Double Take: Ch. 1-3</td>
<td>Campus Resource Presentation – Student Activities and Involvement</td>
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<tr>
<td>Resume; Intro to StrengthsQuest</td>
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<td><strong>StrengthsQuest</strong></td>
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<tr>
<td><strong>Sept. 17:</strong> Class 4 <strong>Career Exploration/Choices:</strong></td>
<td>Nist Appendix A: Knowledge for Life</td>
<td>Campus Resource Presentation – Department of Recreational Sports</td>
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<td>Getting to know the CRC; Guest Speaker: CRC Staff</td>
<td>Double Take: Ch. 4 &amp; 5</td>
<td><strong>Gator CareerLink</strong></td>
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<td><strong>Sept. 19:</strong> Service Project: Gator Plunge</td>
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<td><strong>Sept. 24:</strong> Class 5 <strong>Being a Successful Student:</strong></td>
<td>Nist Ch. 10: Professors, Tasks, and You; Ch. 5: Getting Organized; Managing Yourself and Your Time</td>
<td>Campus Resource Presentation – Dean of Students Office</td>
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<tr>
<td>Learn tips that will help you succeed in your collegiate career</td>
<td>Double Take: Ch. 6 &amp; 7</td>
<td><strong>Service Learning Reflection</strong></td>
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<td><strong>Oct. 1:</strong> Class 6 <strong>Academic Success:</strong></td>
<td>Nist Appendix A: 201-210</td>
<td><strong>Faculty Interview Paper</strong></td>
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<td>Utilizing the Library, ISIS, and other useful tools/resources on campus</td>
<td>Double Take: Ch. 8 &amp; 9</td>
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<td><strong>Oct. 8:</strong> Class 7 <strong>Student Choice</strong></td>
<td>Double Take: Ch. 10</td>
<td>Campus Resource Presentation – Center for Leadership and Service</td>
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<tr>
<td><strong>Oct. 15:</strong> Class 8 <strong>Building Cultural Intelligence:</strong></td>
<td>Nist Ch. 8:</td>
<td>Campus Resource Presentation – Multi Cultural &amp; Diversity Affairs</td>
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<tr>
<td>International Panel: Immerse yourselves in the cultures of other countries.</td>
<td>Double Take: Ch. 11 &amp; 12</td>
<td><strong>Diversity Assignment</strong></td>
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<td><strong>Oct. 22:</strong> Class 9 <strong>UF Traditions:</strong></td>
<td>Bring Your F Book!</td>
<td>Campus Resource Presentation – Center for Leadership and Service</td>
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<tr>
<td>Learn about all the cool traditions and experiences UF has to offer? What about the F Book?</td>
<td>Double Take: Ch. 13 &amp; 14</td>
<td><strong>F-Book Video Project</strong></td>
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ASSIGNMENTS

Guidelines for Assignments & Reaction Papers
Refer to Appendix B on pages 248 & 249 in your Nist text for details about these guidelines. Writing assignments/reaction papers, not submitted in this format will receive an automatic 2 point deduction.

<table>
<thead>
<tr>
<th>Points Possible</th>
<th>Assignment</th>
<th>Due Date</th>
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<tbody>
<tr>
<td>28</td>
<td>In-Class Attendance and Participation</td>
<td>2 Points Each Class</td>
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<tr>
<td>2</td>
<td>Autobiography</td>
<td>August 25</td>
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<td>2</td>
<td>Future Plan</td>
<td>September 3</td>
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<td>2</td>
<td>StrengthsQuest Paper</td>
<td>September 10</td>
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<td>3</td>
<td>Gator CareerLink</td>
<td>September 17</td>
</tr>
<tr>
<td>5</td>
<td>Service Learning Reflection</td>
<td>September 24</td>
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<td>5</td>
<td>Faculty Interview Paper</td>
<td>September 24</td>
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<td>5</td>
<td>Updated Resume</td>
<td>October 1</td>
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<tr>
<td>10</td>
<td>Diversity Assignment</td>
<td>October 15</td>
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<tr>
<td>5</td>
<td>F-Book Video Project</td>
<td>October 22</td>
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<tr>
<td>5</td>
<td>Campus Resource Presentation</td>
<td>Date of Presentation</td>
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<td>5</td>
<td>Workshop Success Series</td>
<td>A Week After Attendance</td>
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<td>5</td>
<td>Fall Fair Attendance</td>
<td>A Week After Attendance</td>
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<tr>
<td>5</td>
<td>Common Reading Program Events</td>
<td>A Week After Attendance</td>
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<tr>
<td>13</td>
<td>FYF Portfolio</td>
<td>November 19</td>
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</tbody>
</table>

Total Points Possible 100
Extra Credit
1. Play Intramural Sports team/attend a group fitness class/visit Lake Wauburg

ASSIGNMENT DESCRIPTION

NB: All typed assignments MUST following the basic guidelines outlined on page 248 of your Nist text.

Autobiography:
This one-page assignment will allow your instructor and peer leader to learn about who you are and what you are looking to get out of the class, while giving you an opportunity to reflect on your background, personal and professional aspirations, etc. Please include the following information: Your name, hometown, major and future career aspirations, and things you like to do for fun, what you hope to get out of this course, 2 personal and 2 academic goals for Fall 2015, what you are looking forward to most about being a Gator. Anything else you would like your instructor and co-instructor know.

Future Map:
Students often feel pressured to know their career path from the day they step on campus. This activity can be one of the most enlightening, helpful, and aspirational tools because it provides a chance to dream, fantasize, and examine your many thoughts, ideas, and plans for the future. We will begin this activity in class.

StrengthsQuest:
Students will need to go to http://shop.gallup.com/index.php/strengths/1595620117-428.html and purchase your StrengthsQuest Access Code by paying a one-time fee of $9.99. Write a one-page paper and include the following:
   a. Your top 5 strengths?
   b. Your favorite strength and why?
   c. How do you see/use this strength in your daily personal/academic life?

Gator CareerLink Assignment:
It is a requirement for all students to activate their Gator CareerLink account. Gator CareerLink is the portal to UF resources that helps students explore career paths, find ways to gain experience and begin preparing you for your career now! By activating your account, students will have access to all the Career Resource Center’s services including job and internship postings, Career Planning appointments, an online mock interview module, and a calendar of all upcoming events and workshops. Activating a profile as a first-year student allows you to become familiar with the Gator CareerLink system and connects you to the CRC right away. Following activation, you will utilize CRC services for your Updated Resume assignment.

Resume:
A great resume is not only essential to a successful internship/job search, but also key to obtaining various involvement and leadership opportunities within UF. Create a current resume (one page) using the resources available on the Career Resource Center’s website (http://www.crc.ufl.edu/students/studentResumesCoverLetters.html) and pages 236-242 in your text.
Fall Fairs Reaction Paper:
UF Fall Fairs
You must attend ONE of the below and write a one page reaction paper on the event.

- **RecStravaganza**
  August 27: 6pm – 8pm
  Southwest Recreation Center

- **Study Abroad Fair**
  September 16: 10am – 3pm
  Plaza of the Americans

- **Volunteer Organization Fair**
  September 16: 10am – 1pm
  Location: TBD

- **Career Showcase**
  September 29 & 30: 9am – 3pm
  O’Connell Center

After attending a Fall Fair during the semester, write a one-page reaction paper addressing:

a. Your initial reaction/perception witnessing the event as well as participating in the event.
b. Why this event would be hosted and its relevance to a collegiate experience.
c. The part of the event you enjoyed the most and why
d. The part of the event you least enjoyed and why

**Faculty Interview:**
This interactive assignment is in the spirit of getting to know a little bit about your professor and networking with them – you never know, you may need a faculty to write you a letter of recommendation. Provide a two-page account of your experience interacting with one of your professors. Use the following guidelines;

- Initial thoughts on how you thought your meeting would go.
- After you met with your instructor, did it turn out the way you anticipated?
- Would you feel comfortable emailing or speaking to a professor about tutoring or needing assistance in a course?
- Make sure that you are taking notes during your conversation so that you can formulate a well-rounded paper.

**Faculty Interview Question List:**
1. What was your career path or how did you end up at UF?
2. What is one thing that you believe you would have like to have known as a first-year college student?
3. In your opinion, what are three key components to being a successful student?
4. What is one tip you would provide for a student in your class?
5. How important is research as an undergraduate student?
6. What current/past research have they conducted?
7. In addition to the course objectives in the syllabus, what other outcomes is he/she trying to reach?
8. Do you have any studying pointers for me for this particular class?

**Diversity Assignment: A Day Within the (name of a country) Culture:**
For this assignment, write a two-page reflection paper that addresses the following prompts;

a. Explain the following and their relevance
   i. Cultural intelligence
   ii. Cultural identity
   iii. Cultural lenses
b. Why are cultural identities socially constructed and relational?
c. Complete “Your Turn” on pages 93, 95, 96, 97, 100, 103, 105.

First-Year Florida Portfolio
This is your final project and it’s a working progress that will take place during the entire course of the semester. You will be working on this project on your own. Create a portfolio with what you have learned in the class, the experiences you have had in your fall semester. Your portfolio will include;
   a. A personal logo which will be placed in the front or on the cover of your portfolio. (More details to come)
   b. Your reflection papers, autobiography, personal branding, StrengthsQuest results, future mapping, resume, pictures, annotated notes, and any other information that shows what you have accomplished this semester. Get creative-some students have done scrap books, used online resources like PowToon, etc.
   c. How would you summarize what they say about you? What images or symbols pop into your head when thinking all of these over?

Common Reading Program Events
You must attend one Common Reading Program (CRP) event this fall. For a listing of all of the Fall events, please visit www.dso.ufl.edu/nsfp/first-year-experience/crp/events-crp/.

Workshop Success Series
You will need to attend one workshop of your choice on your own time. For a listing of workshops and to register online visit www.dso.ufl.edu/nsfp/first-year-experience/wss to secure a spot in the workshop. You must register for the workshop in order to attend. If your plans change and you will no longer attend the workshop, please return to the site to “unregister”; this will provide an open seat to someone else. Workshops fill up so sign up early! Your attendance will be documented at the workshop and emailed to your professor. Get a handout and take a picture of yourself at the workshop for your portfolio.

Service Learning Project
Our class will be volunteering for Gator Plunge on September 19, 2015. In the event of an unavoidable conflict (must show prove and documentation) and you are not able to attend our service-learning project you have the option to participate in another community service project for the same amount of time as everyone else committed for the group project. It is your responsibility to register for this event and receive approval, for you to attend with the instructor. If you are participating in another volunteer experience you cannot use that to “double count” for FYF.

Think About It Module:
You must complete the "Think About It" online training module. The training is designed to prepare students for the challenges and responsibilities of college life and help students make healthy decisions and promote a positive campus culture. It will take approximately 2 hours to complete and can be paused and resumed at any point in time. Students must complete this in order to register for Spring courses. Students can complete the training by selecting the "Login to Training" button on the CampusClarity website. When prompted to do so, students should enter in their UF email address, click continue, and login using their GatorLink credentials. For additional information on CampusClarity and the "Think About It" module, please visit the Dean of Students Office website.

F-Book Video Project:
This is a group project with 3 to 4 members per group. At UF, we have many great traditions and we want you to experience many of them to immerse yourself in the culture. Your group will create a video displaying your favorite F-Book traditions, as well as potentially add some of your own. The winner gets a prize, so be creative!